

Level 2 Gym Instructing



By pursuing this qualification, you will acquire the essential knowledge necessary to work in a gym or lead a group fitness class. Our course is designed to be both enjoyable and engaging, covering all aspects of exercise and the human body. Upon completion, you will become a qualified Gym Instructor, marking your entry into the health and fitness sector.

You will gain insights into human anatomy and physiology from our dedicated team of leading personal trainers, equipping you with a solid foundation to build upon. Additionally, you will learn how to design and implement gym programs, as well as conduct client consultations. By the end of this course, you will be fully prepared to embark on a new career as a Gym Instructor, with ongoing support from the Leap Academy team.

Fully Funded Course

Scan the QR Code to register.



Study Hours Modules Online Learning

125

4

100%

Your Course



Essential Topics Covered in This Course:

- Nutrition tailored for physical activity
- Basics of human anatomy and physiology
- Conducting effective client consultations
- Designing and implementing personal training programs
- Enhancing client engagement and overall experience
- Core principles of running a Personal Trainer business

Course Completion

Upon successfully completing this course, you will receive the Level 3 Diploma in Gym Instructing and Personal Training Practitioner.

You can launch your career as a gym instructor, gaining valuable experience by conducting client consultations, creating gym programs, and providing assistance on the gym floor. Alternatively, you can jump directly into personal training by securing a position at a fitness club or studio, allowing you to build your expertise in that setting. You may also choose self-employment, focusing on developing your own business and client base, whether online or in-person.

Learning Modules Covered

Unit 1: Anatomy and Physiology for Exercise

Unit 2: Client Consultations and Lifestyle Management

Unit 3: Maximising the Customer Experience in the Exercise Environment

Unit 4: Planning and delivering Gym Programmes

Entry Requirements

Participants must be engaged in a role where they provide advice and guidance to clients. This can occur in various environments, but they must be able to showcase their work. Learners are required to submit video evidence of their progress, so access to a gym or suitable home equipment is essential. Locations with restrictions that may hinder this are not suitable. As this is a Level 3 qualification, learners should possess a high standard of written English. Additionally, they will need to utilize an appropriate referencing system and support their studies through independent research.